



## Caregivers Cove: Get your money's worth out of the leftovers.

Leftovers have always been a part of the holiday tradition. If handled safely, leftovers can be enjoyed for future family meals.

### Deciding what to save or throw:

- Leftovers such as meats, fish, poultry, shellfish, dairy foods and side dishes or casseroles, should not be left at room temperature for more than two hours. If leftovers cannot be refrigerated or frozen within this two-hour limit, then they should be thrown out.

### Storing leftovers:

- Refrigerated leftovers should be eaten within four days or frozen to keep them longer. Date all leftovers to help make sure they are not stored too long.

- Frozen leftovers should be used in two to four months for best quality. When taken out of the freezer leftovers should be used within four days.

### Reheating leftovers:

- Frozen leftovers should be thawed in the refrigerator, or in the microwave oven.
- Leftovers must be reheated to at least 165°F. Check the temperature using a thermometer.
- Soups, sauces and gravies should be reheated to a rolling boil.
- Reheat only what you will use, as any reheated, uneaten leftovers should be discarded.

Information from USDA



### Winter Fun

It is easy to keep kids active when it is nice outside, but what about when winter comes? Try these ideas to keep kids moving even when the weather gets chilly!

#### Outdoors:

- Make a game of shoveling. Give kids a child size shovel to "help" with snow clearing and then build a snowman or snow fort.
- Create a maze. Put on your hiking boots and stamp out a path for your kids to follow.
- Go sledding or ice skating.

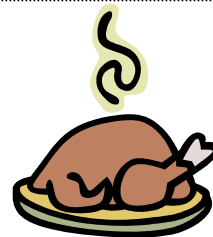
#### Indoors:

- Encourage your child to throw a scarf up in the air and catch it on her arm, leg or head.
- Let your child throw or kick a balloon in the air and make a game of trying to keep the balloon from hitting the floor.
- Take a walk at the local mall.
- Set up your own indoors game of bowling using a small ball and some plastic bottles.
- Read a story that has lots of action. Let kids pretend to be characters in a book and move to the story.
- Have races around the living room.
- Go bowling with the whole family.
- Play blanket gymnastics. Spread some blankets on the floor and tumble, roll, and balance.

### Cook's Corner

Use up your turkey leftovers!

#### Turkey or Chicken Tetrazzini



Makes 6 – 1 cup servings

- ¼ cup butter, margarine **or** vegetable oil
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup chicken broth **or** water
- 1- 12 ounce can evaporated milk
- 1- 8 ounce package spaghetti, cooked and drained
- 2 cups cubed cooked turkey **or** chicken
- 1- 4 ounce can mushrooms, drained (optional)
- ½ cup Parmesan cheese

#### Directions:

- Preheat oven to 350°F.
- Melt butter in large saucepan over low heat. Blend in flour, salt and pepper.
- Cook over low heat. Stir in broth and milk. Heat to boiling, stirring constantly. Boil and stir 1 minute.
- Stir in spaghetti, turkey or chicken, and mushrooms. Pour into an ungreased 2 quart casserole dish.
- Sprinkle with cheese. Bake uncovered for 30 minutes or until bubbly.

Recipe from Montana State University Extension  
<http://www.montana.edu/nep/recipes.htm#h>



# Wellness Nutrition Fun Facts

*For WIC Families*

November/December 2008



## Mother's Milk Protects Baby

You can help support baby's healthy immune system by breastfeeding

Mom's first milk, called colostrum, starts to protect baby from the first feedings as it is full of the nutrients baby needs as well as things that help baby fight illness. Breastfeeding baby for the first few days of life help baby get all the benefits of colostrum.

Continuing to breastfeed helps baby's immune system get stronger so the health benefits of breastfeeding can last a life time.

A breastfed baby is not only less likely to get an illness, such as ear infections, respiratory disease, digestive illness, SIDs and others, he is less likely to get other diseases throughout his life. These include allergies, asthma, diabetes, celiac disease, Crohn's disease and many cancers.

## Is Your Baby Ready for Some Variety?

### When should I introduce fruits and vegetables?

Strained or pureed fruits and vegetables may usually start to be added at around 6 months of age.

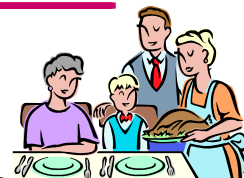
### How can I get my baby to eat vegetables?

Here's how to teach your baby to enjoy them: Offer your baby a taste of a strained or pureed vegetable. If he seems to enjoy it over the course of three days, offer a different one on the fourth day. If, on the other hand, he rejects the vegetable, offer another favorite fruit or vegetable that day that baby has already tried. On the next day, offer another small taste of the same vegetable. Continue in the same way for at least ten days. It takes time for some babies to learn to love vegetables—but that love starts now.

### Can my baby have the same fruits and vegetables our family eats?

Your baby needs pureed or strained fruits and vegetables for the first few months but can gradually advance to lumpier textures. As your baby approaches his first birthday, let him in on the family fun. Mash a small portion of the family's vegetables well with a fork and offer it to him on his high-chair tray.

## Low Cost Holiday Meals



Holidays are a time to be with family and almost always include special meals. Keep in mind that holidays are special because of the time spent with family, not the amount of money spent on the meals.

### Try these tips to save on holiday meals!

- **Use less!** When it comes to holiday meals, many families have more food than is needed. Think about making less food, less meat (usually the most expensive), and less of other costly items.
- **Make it yourself.** Most foods cost less if you make them yourself instead of buying packaged mixes or frozen convenience foods. This includes mashed potatoes & gravy, stuffing, and sauces for vegetables to cranberry sauce and pies.
- **Do some planning** Plan your menu and shopping list, read ads, use store brands and generic products. Think about holiday meals early and buy things you can freeze or store when they are on sale.
- **Serve healthy foods.** They give you more value for the dollar. For example, pumpkin pie is a better buy than French silk or pecan, because it provides more nutrition even if the cost is similar.